Quarterly Newsletter

January, February and March 2026

Opening hours

Indoor pool[1]	Monday - Friday: 5.30am - 9pm Weekends/public holidays: 7am - 6pm
Outdoor 25m pool[2]	Monday - Friday: 5.30am - 6pm Weekends/public holidays: 8am - 6pm
1m dive boards[3]	Monday - Friday: 5 - 5.30pm Weekends/public holidays: 1 - 5pm Monday - Friday during school holidays: 10.30am - 3.30pm

Notes:

1. Long course Monday, Wednesday and Friday.
2. From 30 March outdoor pool hours are 9am - 5pm Monday - Sunday.
3. The diving board opening times are subject to change and may be open or closed at the discretion of the shift manager on duty, including but not limited to circumstances arising from booked, maintenance requirements, or other operational considerations.

Lap swimmers: Please check lane availability before your visit at **northernbeaches.nsw.gov.au**

Recreation programs

Adult classes (18+ years)

Deep Water Aqua (DW)

45 mins

A quick and easy way to improve fitness, mobility and flexibility using a buoyancy belt. This class is suitable for beginners through to athletes.

Aqua Aerobics (AQ)

45 mins

Excellent cardiovascular and muscle toning workout using the water's resistance. A quick and easy way to improve fitness, mobility, flexibility and conditioning, in a gentle exercise class. Great for all fitness levels and ages.

Swim Fit (SF)

1 hr

Motivating and fun swim sessions that focus on swimming for health and fitness. Suitable for adult swimmers.

Seniors Gentle Exercise (SNRGE)

1 hr

A combination of gentle exercise and water-based exercise for seniors to maintain fitness. Land-based sessions are also available at Forestville Memorial Hall, Mondays and Wednesdays 12-1pm. For more information call 8495 5001.

Pilates

1 hr

No-impact form of body conditioning designed to improve posture and correct muscular imbalance. Classes are conducted by qualified Pilates instructors and run during school terms only. Bookings essential.

Water Workout (WW)

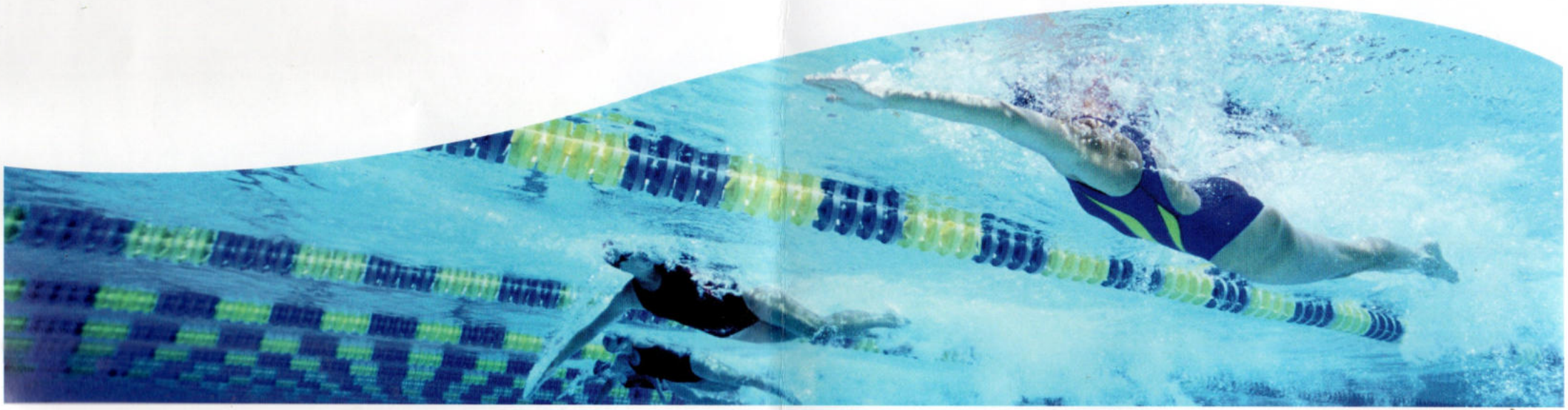
1 hr

Water conditioning class with focus on water walking and running in deep water.

Recreational timetable

Some classes run for school term only

	Mon	Tue	Wed	Thu	Fri	Sat
7.15 am		DW				
7.45am				DW	DW	DW
8am		DW				
8.15am	DW					
8.30am			DW	DW	DW	DW
9am	PIL	WW		WW	PIL	
9.30am	SF AQ	SF	SF AQ	SF AQ	SF AQ	
10am					PIL	
1.30pm	SNRGE	SNRGE	SNRGE	SNRGE	SNRGE	
6.30pm	DW					



Quarterly highlights

Australia Day pool party

Join the fun on Monday, 26 January, from 9am to 12 noon! Enjoy free entry and exciting activities, including a glitter tattoo artist, giant inflatable, dive boards and live DJ.

School carnival

The school carnival season starts on 30 January and ends on 20 March. Please pick up a carnival timetable from reception or find it at **northernbeaches.nsw.gov.au/warringah-aquatic-centre**

Swim program

Learn to Swim session 1, 2026 vacancies are still available. Please see our programs office for more information or to book. New swimmers will require an assessment. During carnival season, midweek morning learn to swim classes will be held in the outdoor pool.

Recreation

Timetable for Aqua Aerobic, Swimfit and Water Workout during carnival season are available at reception and on our website.

Water polo

Deep end closed 9am - 3.30pm
Saturday 31 January
Saturday 7, 14, 21 and 28 February
Saturday 7 and 14 March
Deep end will also be closed Monday to Friday evenings during term 1 due to water polo.

Weekend Carnivals

Deep end closed 4 - 6pm
14 February and 14 March

Holiday hours

Thursday 1 January: 7am - 6pm
Friday 2 January: normal hours resume
Monday 26 January: 7am - 6pm

Contact us

Warringah Aquatic Centre
Aquatic Drive, Frenchs Forest NSW 2086
aquatic.centre@northernbeaches.nsw.gov.au
8495 5001